

CLAIMS

1. A composition for suppressing craving for smoking, characterized in that the composition comprises theanine.
2. The composition according to claim 1, for preventing, alleviating or eliminating withdrawal symptoms caused by prohibition or moderation of smoking.
3. The composition according to claim 1 or 2, which is previously administered to an individual when withdrawal symptoms are presumed to be caused by prohibition or moderation of smoking.
4. The composition according to claim 1 or 2, which is administered to an individual during occurrence of withdrawal symptoms caused by prohibition or moderation of smoking.
5. The composition according to any one of claims 1 to 4, wherein the composition is suitable for absorption via oral mucosa.
6. The composition according to claim 5, wherein the composition is in a dosage form sustainable in the mouth for at least 3 minutes when orally taken.
7. The composition according to any one of claims 1 to 6, which is a food composition.

8. A method for prohibiting or moderating smoking, comprising administering to an individual a composition comprising theanine.

5 9. The method according to claim 8, for preventing, alleviating or eliminating withdrawal symptoms caused by prohibition or moderation of smoking.

10 10. The method according to claim 8, comprising previously administering the composition to an individual when withdrawal symptoms are presumed to be caused by prohibition or moderation of smoking.

15 11. The method according to claim 8, comprising administering the composition to an individual during occurrence of withdrawal symptoms caused by prohibition or moderation of smoking.

12. The method according to claim 8, wherein the composition is a preparation suitable for absorption via oral mucosa.

20 13. The method according to claim 12, wherein the composition is in a dosage form sustainable in the mouth for at least 3 minutes when orally taken.

25 14. The method according to claim 8, wherein the composition is a food composition.

15. Use of theanine for preparing a medicament for preventing, alleviating or eliminating withdrawal symptoms caused by prohibition or moderation of smoking.

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